



"People helping
people help
themselves."

Division of
Mental Health
and Addictions

Logansport State Hospital

The Spectrum

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Vol. 18, No. 11
November
2008

Employee of the Month



December EOM: Tim Ehasse (L) is congratulated by
Environmental Services Director Clarence Bir (R).

Tim Ehasse, Housekeeper December EOM

It is not often we receive back to back nominations from the same department, but the nominations were for exceptional staff. Tim Ehasse was hired in July 2007 as a psychiatric attendant on Jayne English. In June, 2008 he transferred to the Jayne English unit.

Housekeeping Department but still serving the

Jayne English staff submitted the following nomination, "The staff of Jayne English would like to nominate our housekeeper, Tim Ehasse, for Employee of the Month. He has done an outstanding job cleaning our unit!! He is always busy and the unit has never looked cleaner. On top of his housekeeping duties, Tim also assists the attendant staff on the floor with anything they need. We just want to say THANK YOU.

The endorsement from our new Environmental Services Director, Clarence Bir, states, "I can only tell you that both Vicky Hinkle and Cindy Bruce were impressed with Tim's progress with housekeeping on the unit. Supervisor Hinkle adds, "Tim is a recent transfer to our department and I must say he has been a great addition. Tim has a great work ethic, shows initiative and gets very good results in the tasks he performs. He was assigned to a difficult unit to clean and the unit had the additional challenge of not having a regular housekeeper for a period of time. This resulted in some tasks not being done on a regular basis. In a very short period of time Tim had the area clean and shining but also took the initiative to assist the housekeeper in the adjacent unit.

EOM continued on page 4...

Nominate Someone Today!



SPYKE THE PSYCHE



TAKING CARE OF FATIGUE / What Losing Sleep Does To Us

There is a growing body of scientific evidence suggesting that too little or erratic sleep may be taking an unappreciated toll on Americans' health. Failing to get enough sleep or sleeping at odd hours heightens the risk for major illnesses such as cancer, heart disease, diabetes, and obesity. Lack of sleep disrupts every physiologic function in the body. Some studies show that sleep disruption affects crucial hormones and proteins that play roles in these diseases. The analysis of a nationally representative sample of nearly ten thousand adults found that those between the ages of 32 and 49 who sleep less than seven hours a night are significantly more likely to be obese. Lack of sleep has also been linked to emotional troubles, such as feelings of sadness and depression. Sleep helps keep us physically healthy, too, by slowing our body's systems enough to re-energize us after everyday activities.

"We've really only scratched the surface when it comes to understanding what's going on regarding sleep and heart disease," said Virend Somers of the Mayo Clinic in Rochester, Minnesota. "I suspect as we understand more about this relationship, we'll realize how important it really is." But the case is rapidly getting stronger that sleep is an important factor in many of the biggest disease killers. "We have in our society this idea that you can just get by without sleep or manipulate when you sleep without any consequences," said Lawrence Epstein, president of the American Academy of Sleep Medicine. "What we're finding is that's just not true."

"The strongest evidence out there right now is for the risk of overall mortality, but we also see the association for a number of specific causes," said Sanjay R. Patel of Harvard Medical School, who led one of the studies, involving more than 82,000 nurses, that found an increased risk of death among those who slept less than six hours a night. "Now we're starting to get insights into what's happening in the body when you don't get enough sleep." Physiologic studies suggest that a sleep deficit may put the body into a state of high alert, increasing the production of stress hormones and driving up blood pressure, a major risk factor for heart attacks and strokes. People who are sleep-deprived have elevated levels of substance in the blood that indicate a heightened state of inflammation in the body, which has also recently emerged as a major risk factor for heart disease, stroke, cancer, and diabetes.



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

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Darrin Monroe	Editor & Photographer . ext. 3803	
Tressa Bowman	Supt. Secretary..... ext. 3634	
Chris Taylor	Comm. Services	ext. 3709
Maureen Guimont	Human Resources	ext. 3626
Brian Newell	Librarian.....	ext. 3712
Marjorie Potts.....	Staff Development.	ext. 3801
Erica Deeter	Environmental Services.ext.	3688

“Based on our findings, we believe that if you lose sleep that your body needs, then you produce these inflammatory markers that on a chronic basis can create low-grade inflammation and predispose you to cardiovascular events and a shorter life span,” said Alexandros N. Vgontzas of Pennsylvania State University, who recently presented data at a scientific meeting indicating that naps can help counter harmful effects of sleep loss.

After several studies found that people who work at night appear unusually prone to breast and colon cancer. “The theory is, if you are exposed to light at night you will produce less melatonin, increasing your cancer risk. Melatonin can prevent tumor cells from growing – it’s cancer-protective,” said Eva S. Schernhammer of Harvard Medical School, who has conducted a series of studies on volunteers in sleep laboratories. Melatonin is believed to protect against cancer by affecting levels of other hormones, such as estrogen. Other studies show sleep-deprived people tend to develop problems regulating their blood sugar, which may put them at increased risk for diabetes.

The National Highway Safety Traffic Administration estimates that 1,500 people are killed every year in crashes caused by drivers who are simply tired. More than half of the people who cause crashes because they fall asleep at the wheel are under the age of 26. (2007)

HOW DO I KNOW IF I'M GETTING ENOUGH SLEEP

Here are some of the signs that you need more sleep.

- Difficulty waking up in the morning
- Inability to concentrate
- Falling asleep at work or during classes
- Feeling of moodiness and even depression

HOW CAN I GET MORE SLEEP BY SLEEPING BETTER

- Set a regular bedtime
- Exercise regularly
- Avoid stimulants
- Relax your mind
- Unwind by keeping the lights low
- Don't nap too much
- Avoid all-nighters
- Create the right sleeping environment / dark slightly cool room
- Wake up with bright light telling your body to get going

SCHEDULE SLEEP AS AN IMPORTANT DAILY AGENDA TO HELP YOU STAY HEALTHY !

Information :

“Scientists Finding Out What Losing Sleep Does to a Body”

By Rob Stein, Washington Post Staff Writer, October 9, 2005

“TeensHealth”

The Nemours Foundation, 2008

...EOM continued from cover (page 1).

The difference in the unit was apparent the first time I walked in.” Following ward inspections, Cindy Bruce explains, “The Jayne English ward inspection scores have improved dramatically since Tim took the position. He inspires both staff and patients to take more pride in their ward environment.”

Policy Update

Revised/Created/Updated

A-1 *“Notification of Unusual Incidents”*

A-3 *“Consent by Superintendent for Authorization for Medical or Surgical Treatment in Another Facility”*

A-4 *“Reporting Alleged Abuse, Neglect, or Exploitation of Patients and the Responsibilities of all Persons Involved”*

A-5 *“Report to Criminal Courts-Comprehension to Stand Trial”*

A-6 *“Non-Discrimination Policy Regarding Patients”*

A-13 *“Patients, Return of Escaped (Eloped)”*

A-17 *“Investigations by Police Officials”*

A-18 *“Official Hospital Policies”*

A-29 *“Receiving Procedure”*

A-36 *“Leave of Absence/Discharge”*

A-46 *“Monthly Fuel Activity Reports”*

A-47 *“Monthly Fuel Costs”*

A-48 *“Report of Vehicle Mileage and Costs”*

A-49 *“Support Department Vehicle/Equipment Fuel Usage”-NEW!*

A-50 *“Fuel Key Policy”-NEW!*

C-14 *“Ground Privileges”*

C-24 *“Patient and Family Education”*

H-8 *“Key Control”*

H-17 *“Employee Breaks”*

H-23 *“Training Materials and Equipment”*

H-29 *“Competency of Staff”*

** Staff should review the policies on the Intranet or in the manual.

THANK YOU

On behalf of the family of Charles McFatridge I would like to say “Thank You!” to so many wonderful friends for their devotion, support, and kind words expressed to my family during his illness and passing. Thank you so much for whatever you did to make that last week bearable for me and my family, whether it was food, cards, prayers, or even phone calls. During the week of my dad’s death, a total donation of over \$400 was received by Southern Care Hospice of Kokomo (the wonderful facility that cared for my dad in recent months) in memory of my dad and that is just awesome to know you as friends were a big part of that, as there was a \$100 donation made through a collection from the Logansport State Hospital employees. I can’t express in words how grateful we are... Thank you again for all you have done.

Donna Rikard, Word Processing

GOING GREEN

More & More Today We are Hearing About “Going Green.”

Just doing a little bit every day, even at work, can provide some energy efficient, cost effective environmentally safe outcomes.

Channel 12 will highlight some simple basic “Green Tips” to think about.

We welcome any suggestions/comments to help us spread the word.

A discussion board has been created on LSH SharePoint to lend a helping hand and hopefully a green thumb.....

Go to Internet Explorer.

Click on.....



Click on. the discussion link...

Let us know your thoughts.



Longcliff Museum Open House

Longcliff Museum hosted a community open house on September 27, 2008. 103 people attended over a four hour period to see the premiere of archival films from Old Brown Unit prepared by Jerry Kelly and his son, Brian Kelly. We had many first-time visitors as well as old-timers who recalled their wonderful days at the hospital as far back as the 1930s through today. Refreshments were served and the Doodlebug made five full excursion tours. It was a good day to hear stories told and to connect with friends old and new. Thank you to all who helped make our open house a success!



Arts-'n-facts

Longcliff Museum Art-'n-facts

50 Years ago...

Long Range Program In Mental Hospitals

More than ten million dollars worth of new buildings for the Logansport State Hospital during the next ten years have been recommended by the Indiana Planning Commission named by the last General Assembly to draw up a long-range building and treatment program for mental institutions of the state.

First on the list of new buildings for the hospital is an activities building costing an estimated \$2,195,000. This building will include a new auditorium to replace the present chapel. So badly needed is this building that it has first priority on the state's mental hospital building program.

Next to the activities building, the most important structure planned at the local hospital is an acute intensive treatment building, which also will include new administrative offices to take the place of those in the present ancient administration building.

The replacement of ten old buildings at a cost of more than five million dollars, new central storerooms, the completion of Roger's Hall, a personnel building, and the remodeling of three old buildings also are included in the Longcliff construction program.

The \$10,179,500 in recommended new construction at the local state hospital represents almost a tenth of the \$109,545,070 construction program proposed for all of the state's mental institutions.

The commission proposes that \$2,725,000 of the new Longcliff construction be done in the 1959-61 biennium, \$1,682,500 in the 1961-63 biennium, \$3,097,000 in the 1963-65 biennium, none in the 1965-67, and \$2,675,000 in the 1967-69 biennium.

It also proposes that \$1,821,700 additional be set aside for rehabilitation and repairs to Longcliff buildings.

In recommending the ten-year construction program, the commission pointed out that most of the buildings of the state mental institutions were built in the last quarter of the last century and have depreciated to the point where repair and rehabilitation are no longer economical or practical.

"Modern treatment of psychiatric patients throughout the state makes it imperative that each institution have an acute and intensive treatment center so patients may be admitted promptly, evaluated without delay and treated quickly, utilizing all types of therapy," the commission stated.

It also pointed out that all mental institutions require an activity therapy building in which nonmedical therapy can be conducted. Activity therapy includes athletics, recreation, dancing, music, arts and crafts, and various group gatherings.

“The target of activity therapy is the resocialization of the patient without which the psychotherapy program cannot be assimilated,” the commission said. “Intensive treatment and resocialization of the patient combine to return him to society more quickly, thus reduce the cost of his treatment and make space available for another patient.”

In their investigation, members of the planning commission found that patients today are better clothed, better fed, and appear happier, compared with several years ago.

More therapeutic activities are available, wards are cleaner and much more attractively furnished and decorated, and the use of drugs, particularly tranquilizers, has expanded.

The purchase of tranquilizing drugs had increased by 41 percent in the last year and by at least 200 percent in the last four years. Patients improved by these drugs have become more amenable to psychotherapy, group activities and other therapies that speed recovery.

Although they are happier and less destructive to themselves and state property, the patients now require more and better trained staffs.

New techniques such as patient government and halfway houses have aided rehabilitation. Almost every hospital has wards on which patients practice self-government. This patient self-government has been gradually expanded in the local state hospital during the past year.

In Indianapolis, the Marion County Mental Health Association has created Getaways, a halfway house for former women patients preparing to return to independent community life.

“Good treatment facilities are necessary but not as important as the caliber of treatment personnel using them,” the planning commission reported. “Every state mental institution needs additional treatment personnel with an emphasis on developing treatment teams. A treatment team should consist of a psychiatrist, psychologist, nurse, social worker, psychiatric aide, and activity therapist. As fast as acute and intensive treatment centers are built, team personnel must be found, developed and trained.

“To properly staff the proposed acute and intensive treatment centers will require an increase in appropriation of \$2,500,000 each year for ten years.”

The commission also pointed out that acute shortages of treatment personnel indicate the great need for training of clinical psychologists, registered nurses, psychiatric social workers, activity therapists, and psychiatric aides. Although the hospitals themselves are ideal settings for such training. An expansion of the professional staffs will be necessary to make this training possible, it was explained.

The commission also recommended that the Division of Mental Health employ a professional and trained research consultant to coordinate activities of Indiana's Psychiatric Research Institute with the ten mental institutions and to stimulate and coordinate research started within the mental institutions. Logansport Pharos-Tribune (12-30-1958)



Christmas Gift Lift

Community Services is seeking help with this year's Christmas Gift Lift. We are seeking individuals to sponsor a patient or to donate items. Needed items are as follows: Christmas Cards, Extra Large Clothing (XL—4XL), Games, Phone Cards, Walkmans, Batteries, Wallets, Purses, Hygiene Items, Cosmetics, Word Search Books, Puzzles, Art Supplies, Stationery & Pens, Calendars, Candy & Gum (Sugar Free and Regular), and more....

Call Shadi Lilly @ ext. 3708 or Chris Taylor @ ext.3709 with questions or for a complete list of needed items■

A graphic of a spotlight with a yellow beam shining from a red and black background.

Spotlight ON Clarence Bir ENVIRONMENTAL Services Director



We would like to introduce Clarence Bir, the new Environmental Services Director. Mr. Bir joins LSH after working for ten years in the commercial cleaning business. Prior to working in the commercial cleaning business, Clarence served as service manager and new account coordinator for Action Cooling Heating, a company founded by his late father and operated today by one of his four brothers. The experience he gained while in that position led him to a new venture as operations manager for one of the largest commercial cleaning franchise companies in Indiana. He then started his own business in 1999 providing commercial cleaning services for a wide range of clients including schools and his largest client American Trans Air (ATA). The collapse of his largest client led him to the

decision to pursue other career paths. Joining the Environmental Services' Department at LSH seemed to be the perfect fit. Seeing and hearing about the dedicated staff at LSH were key factors in Clarence's decision to become a part of LSH's long tradition of serving patients with mental illness in Indiana.

Clarence and his wife, Kristina, are very thankful for the welcoming comments and offers of support they have received from staff since he joined the department. He looks forward to the challenges that lie ahead.

Fall Family Mixer

On October 11, more than 120 patients and families attended the Fall Family Mixer in the Fogel Auditorium. The mixers provide a time for families to spend a day with their loved ones and enjoy a special meal together while they visit. They were treated to a patient's variety show led by Brian Newell which everyone enjoyed.

Dietary staff did another outstanding job providing lasagna, breadsticks, salad, and delicious dessert!

Pictures were taken by Darrin Monroe. A big thank you also goes to Social Services and especially the Rehab Department for assisting in the set up and coordination of this special event.

Corporate Challenge 2008 Results

Large Division:

First - Federal Mogul
Second - Memorial Hospital
Third - Matthew Warren
Fourth - Small Parts
Fifth - LSH
Sixth - Tyson

There were several great finishes from LSH! Great job everyone!!!!

Men's Mini Golf:

Jamie Seitter - 10th place

1.5 Mile Prediction Walk Women's:

Misty Moss - 4th Place
Melissa Stewart - 6th Place

Chess Tournament:

Brian Newell - 5th Place
Jamie Seitter - 6th Place

Women's Mini Golf:

Cheryl Nance - 5th Place
Misty Moss - 6th Place tie
Janet Kite - 6th Place tie
Jacque Phillips - 7th Place
Jani Foreman - 9th Place
Nicole Watts - 13th Place
Nancy Vernon - 14th Place tie
Deb Middleton - 14th Place tie
Toni Fisher - 18th Place

Billiards Tournament:

Paul Zimdahl/Eli Smith - 7th Place

Gold Scramble:

Jamie Seitter/Tony Lawson - 5th Place

John Clem/Charlie Thompson - 10th Place

Bowling Coed:

Billie Jo Reidenbach/Jason Corn - 4th Place

Bowling Women's:

Jani Foreman/Shadi Lily - 3rd Place

Jacque Phillips/Cheryl Nance - 4th Place

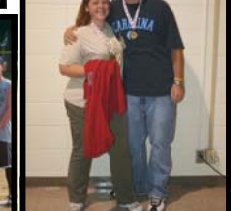
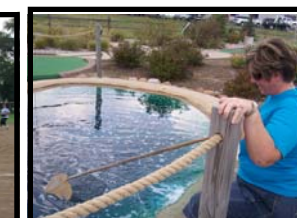
Bowling Men's:

Charlie Thompson/Brandon Case - 9th Place

Softball:

LSH Team (Captain Piercefield) - 1st Place

LSH Team (Captain Corn/Banter) - 3rd Place



Culinary Corner

Turkey Noodle Soup

Ingredients

Cooking spray

1 cup (1/4-inch-thick) slices carrot

3/4 cup chopped onion

4 garlic cloves, minced

1 cup (1/4-inch-thick) slices celery

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

6 cups fat-free, less-sodium chicken broth

2 cups (3 ounces) uncooked egg noodles

1 tablespoon low-sodium soy sauce

1 bay leaf

2 cups shredded turkey (about 8 ounces)

Coarsely ground black pepper (optional)

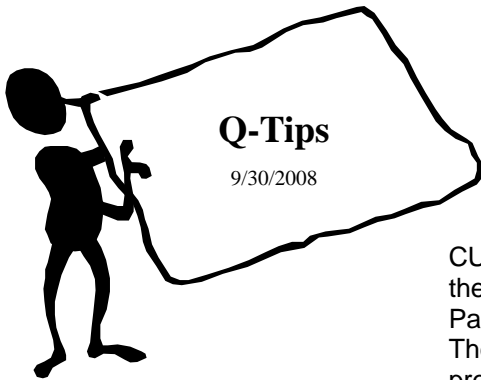


Preparation

Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add carrot, onion, and garlic; sauté 5 minutes or until onion is lightly browned. Add celery, salt, and 1/4 teaspoon pepper; sauté 3 minutes. Add broth and next 3 ingredients (through bay leaf); bring to a boil. Reduce heat, and simmer 5 minutes. Add shredded turkey; cook 3 minutes. Discard bay leaf. Sprinkle with coarsely ground black pepper, if desired.

Yield

4 servings (serving size: 2 cups)



Continuous Readiness Reminders

- Customer Service

By Quality Management

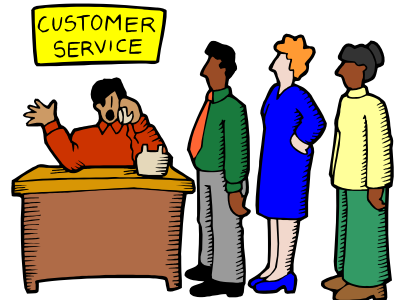
CUSTOMER SERVICE is a key ingredient in the quality of the health care that Logansport State Hospital delivers. Patients want and expect to receive high-quality health care. The only measurement of what kind of customer service we provide is the patient's opinion.

The Joint Commission requires that organizations report on patient satisfaction as part of the evaluation process.

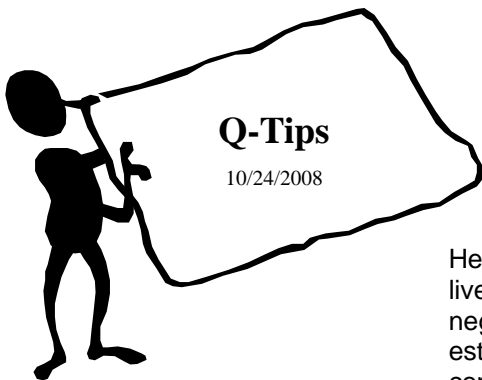
Remember that each patient is a unique and valued individual. He or she has needs, opinions, beliefs, values, and discomforts that are different from those of any other patient. You can make patients feel like more than just "a number" by recognizing their unique qualities.

How can you help provide good customer service?

- > **Choose your words with care**
 - Always be polite
- > **Use an appropriate tone of voice**
 - Don't shout or speak so loudly as to intimidate
 - Avoid sarcasm
 - Avoid "talking down" to patients
- > **Pay attention**
 - Show interest
 - Focus on what the patient is saying
- > **Watch your body language**
 - Avoid slouching, turning away, crossing your arms or legs, or pointing a finger when speaking to a patient.
- > **Take complaints seriously**
 - Every patient is worthy of consideration. If you dismiss a complaint, you send a message that the patient's concerns don't matter.



"I am treated with dignity and respect"—would the patients on your unit agree with this statement?



Continuous Readiness Reminders

- Burnout

By Quality Management

Helping others puts you in direct contact with other people's lives. Compassion for those we help has both positive and negative aspects. The below self-assessment helps you estimate how much at risk you are of burnout and compassion fatigue and also the degree of satisfaction you

gain from helping others. Rate the extent to which you have experienced these symptoms during the last 6 months. *This is a self- assessment tool and is not intended to be used for any other purpose.*

SCALE: 1- rarely/never; 2- sometimes; 3- often; 4- all the time

- ☐ I feel tired and rundown as a result of my work.
- ☐ I have a sense of worthlessness/resentment associated with work.
- ☐ I feel relieved when groups are cancelled.
- ☐ I think a lot about doing something else.
- ☐ I feel cynical, suspicious, and judgmental towards the patients.
- ☐ Feelings about work interfere with my personal life.
- ☐ I am tired of hearing everyone else's problems.
- ☐ I am happy.
- ☐ My attitude is "why bother".
- ☐ The patient's stress/behaviors/problems affect me deeply.
- ☐ I find that I learn new things from those I work with.
- ☐ I have lost my sense of hopefulness.

Add up your score, divide it by the number of years you have worked here, multiply by your shoe size.....JUST KIDDING!!!

A score is not important. You have just looked at the extent to which you feel burned out. The issue is not whether one will experience burnout, but to what extent you are burned out at this moment and how long will it last.

Helping others can be a "thankless" job. We must take care of ourselves so that we have the positive energy to take care of others. Find time to do what you enjoy (de-stress) so that you remain an effective person and employee!



UPCOMING EVENTS

November 19 - December 18

- 📌 November 19th - Purdue Bingo @ 2:00 PM - D1W
- 📌 November 19th - Catholic Mass @ 3:30 PM
- 📌 December 1st - Cass Co MHA's Christmas Party @ Knights of Columbus @ 6:00 PM
- 📌 December 2nd - Tippy Co MHA's Christmas Party @ 11:00 AM for SWW
- 📌 December 2nd - Howard Co MHA's Party @ 6:00 PM for Hopward Co Patients & JETC Unit
- 📌 December 3rd - Purdue Bingo @ 10:00 AM D1W
- 📌 December 3rd - Purdue Bingo @ 10:00 AM D2W
- 📌 December 4th - Cass Co Extention Homemakers Party @ 11:00 AM for SW/CLW
- 📌 December 4th - Brass Quintet Performance @ 6:30 PM for IRTC
- 📌 December 5th - Purdue Bingo @ 10:00 AM D1W
- 📌 December 6th- 1st AME Gary Party for Lake Co Patients @ 11:00 AM
- 📌 December 7th - Trinity Lutheran Church's Party @ 1:30 Pm For IRTC
- 📌 December 7th - Helm Street Church of God Party @ 1:30 PM for L1E
- 📌 December 7th - Flora Church of Living Faith's Party @ 2:00 PM for JETC
- 📌 December 8th - Cass Co MHA'a Party @ 6:00 PM for IRTC
- 📌 December 9th - Cindy Bozich-Keith's Party @ 6:30 PM for D1W
- 📌 December 9th - VFW's Party @ 1:30 PM for D1E
- 📌 December 10th - Clinton Co Gold Ladies @ 10:00 AM for L1S
- 📌 December 11th - Veteran's Party @ 5:00 PM for IRTC
- 📌 December 12th - Anoka Church's Party @ 6:00 PM for D2E/CLW/L1E
- 📌 December 15th - Main St Methodist Church's Party @ 6:30 PM for D2W
- 📌 December 17th - Morale Boosters' Hot Cocoa and Picture with the Clauses @ 6:30 AM - 11:00 AM at ADM building
- 📌 December 17th - Catholic Mass @ 3:30 PM in Chapel
- 📌 December 17th - Patient's Christmas Program @ 1:30 PM
- 📌 December 18th - Veteran's Party Civil Side @ 5:00 PM
- 📌 December 18th - Logansport High School Swing Choir @ 6:30 PM

Who Am I?

Can you guess who the individual in this picture is?

If you can, call Darrin Monroe at # 3803 or e-mail: darrin.monroe@fssa.in.gov by December 5. All correct answers will be entered in a drawing sponsored by the Morale Boosters to win a free “Jumbo” soft drink at the Hillside Café. You must have the correct answer of both pictures to qualify for an entry.

Winner will be announced in the next Spectrum.

Need a hint? She love's her John Deere®.

Find out who this is in our next issue.

Last Issue:



Carol Kinsey



Carolyn Murray had the correct guess to the people in the “Who Am I” pictures.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.